

Crunchy Rainbow Wrap

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Makes 1 servings.

Prep time: 10 minutes

Supplies:

- ✓ Cutting Board
- ✓ Knife

Ingredients:

- 1 Tortilla
- Hummus or Cream Cheese
- Choose 1 vegetable from each color.
 - Red: Red Bell Pepper, Tomato or Radishes
 - Yellow/Orange: Yellow Bell Pepper, Corn or Carrots
 - Green: Lettuce, Cucumber or Avocado
 - Purple: Purple Cabbage



1. Slice all veggies and lay the tortilla flat.
2. Spread cream cheese or hummus on the tortilla.
3. Use the veggies to create a rainbow on the tortilla.
4. Fold in the sides of the tortilla
5. Start at one end and roll the tortilla up tight.
6. Cut in half and enjoy!

Nutrition information per serving: Calories 223, Carbohydrate 16g, Fiber 7g, Protein 7g, Total Fat 6g, Saturated Fat 1g, Cholesterol 0mg, Sodium 450mg



*Adapted from Teamnutrition.usda.gov
For CalFresh or Food Bank information, call (805) 238-4664.*